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EDITED BY DR. ANDREW WILSON, F.R.S.E. &c.

VOL. X.—No. 242. FRIDAY, NOVEMBER 25, 1887. [PRICE TWOPENCE.
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[The above letter, dated Sept., 1886, is from a medical gentleman in extensive practice in a large city in the North of Ireland.]

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◆ HEALTH ◆

EDITED BY

DR. ANDREW WILSON, F.R.S.E., &c.

LONDON: *FRIDAY, NOVEMBER* 25, 1887.

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Notes by the Way

BY THE EDITOR.

"Health is the foundation of all our physical happiness."—*Herder.*

THE CHRISTMAS NUMBER OF "HEALTH."

OUR CHRISTMAS NUMBER for 1887, as previously announced, will be published on FRIDAY, DECEMBER 16TH. The following are the principal contents:—"The Grey Lady," by T. W. Speight, author of the "Mysteries of Heron Dyke," &c.; "The Elixir of Indifference," by Justin H. McCarthy, M.P.; and "How Dr. Canter Started in Life," by C. C. Rothwell. In addition to the above seasonable fiction, the Christmas number will contain a variety of miscellaneous articles, adapted to make our issue of December 16th a welcome guest among the "Annuals" of the year.

✣ ✣ ✣

THE proper position for sleep is a much disputed question. A recent writer says that it would seem on the first blush of the matter that the posture for—that is, to favour—sleep must be generally the same as that voluntarily or instinctively assumed during sleep; but a little consideration will make it apparent that this is not correct. It may be granted that, supposing a person to be sleeping lightly and uncomfortably, the posture will be changed half-consciously to one of comfort. It would be more correct to say that it is changed in the endeavour to avoid distress or discomfort; but even the fact that sleep is quieter in the new position will not suffice to prove that this is a better one, because the sleep may meanwhile have become deeper. It is, on the whole, impossible to ascertain either by experience or observation which is the posture most conducive to sleep, and attempts to lay down rules for the guidance of bad sleepers are always arbitrary, generally empirical, and rarely of any practical value.

✣ ✣ ✣

THOSE who think "anæmia of the cerebrum" (that is, a relatively bloodless state of the brain) is the cause of sleep, and those who think that, though not the cause, a diminution in the quantity of blood in the vessels of the brain is a necessary concomitant of sleep, prefer, and recommend, that the head should be higher than the feet; while those who adopt the opposite view, and think passive congestion causes or promotes somnolence, would have the feet raised and the head lowered. The confounding of stupor with sleep may, and probably has, something to do with these differences of opinion.

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MEANWHILE, concludes the writer, a common-sense view of the subject would conclude that, as there is evidently some change in the blood state when the brain falls asleep, the best plan must seem to be to place the body in such position that the flow of blood through the vessels of the head and neck may be especially easy and free. The way to secure this is to allow the head to lie in a posture and on a level that cannot offer any obstacle to the free return of blood through the veins of the neck, and does not tend to make the blood flow specially in any particular direction, but leaves Nature at liberty to act as she will.

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AUSTRIA appears to be waking up in the matter of drink legislation. I read that the Austrian Government have introduced into the Reichsrath a strong measure for the prevention of drunkenness. The reason alleged is the alarming deterioration in the physique of young men enrolled for military service, owing to the spread of spirit drinking amongst the humbler classes. It will be interesting to see if the provisions of this measure are accepted. They would be difficult to carry in this

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country, where freedom even to get drunk is still jealously guarded. Spirit shops are to be closed at five on Saturday afternoon, and to remain so till five on Monday morning. Ordinary storekeepers are not to be allowed to sell spirits, the sale of which is to be restricted to public houses, confectioners, and specially licensed stores.

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Dealers serving spirits to intoxicated person are to be liable to arrest or fine. No debt for spirits consumed on the premises can be recovered by law if the amount exceeds the value of five litres. The magistrates are empowered to forbid retailers to serve spirits to habitual drunkards for any period up to twelve months. Similar legislation already exists in Galicia. The proposal now is to extend it to all Austria. The preamble of the measure sets forth that it is a direct outcome of the Hygienic Congress. It is a striking illustration of the impotence of our own Parliament, adds the account from which I quote, that no legislation for the restriction of our enormous drinking habits has any chance of being entertained.

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Dr. Alexander Collie writes to a medical contemporary regarding the consumption of alcohol in relation to the views of Sir W. Roberts, discussed in Health for November 11. Dr. Collie says—Of France, M. de Flaix says that "the birth-rate is less and the mortality greater in the departments where the consumption of alcohol is small; that neither crime nor suicide are in proportion to alcoholic consumption. Thus in the Seine-Inférieure the consumption of alcohol is three times that in the Nord; but suicide is only twice as frequent. In the Pas-de-Calais the consumption is twice as great as that of the Nord, whilst suicide is two and a half times less. In the Seine et Oise the consumption is one half less than that of the Seine-Inférieure, but suicide in the former is twice that of the latter."

✣ ✣ ✣

Comparing different nations, he says, "France consumes less alcohol than the United Kingdom; its birth-rate is less, and its mortality, criminality, and suicide rates are greater. Italy consumes very little alcohol; its criminality is appalling (*effrayante*). Spain consumes three times less alcohol than Italy; its criminality is double. Sweden, Denmark, and Norway, with a population of about one third, consume four times the quantity of alcohol consumed in Italy, and yet the criminality of the former is very small, whilst that of the latter is appalling (*effrayante*). Russia consumes four times the alcohol of France; its birth-rate is almost double. Thus, all the hypotheses are upset; the most vigorous, the richest, and the most moral of the nations are those which consume most alcohol.

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The prediction that alcohol will destroy civilization and the human race is not supported by facts. If France, whose vitality is undergoing a crisis, were amongst the nations who consume most alcohol, she would serve as an excellent argument; but the consumption of alcohol by France is moderate, and it has been established already that those parts of France are the most vigorous where the consumption of alcohol is greatest. Alcohol is not, then," concludes Dr. M. de Flaix, "a scourge which threatens the European race with the fate of the Oceanic races, inasmuch as the nations who consume most alcohol are the nations whose criminality is least and whose vitality is greatest."

Original Essays

"Life is not to live, but to be well."—*Martial.*

TIGHT-LACING AND ANIMALS.

By Dr. Andrew Wilson.

A very remarkable series of experiments in the matter of tight-lacing and its effects on animals was recently undertaken by Dr. W. B. Neftel, of New York. His paper, dealing with considerations on the production of diseases in women, was read before the Section of Medicine at the recent International Medical Congress held at Washington. Anything more remarkable than Dr. Neftel's experiments, or more confirmatory of the evils produced by tight-lacing, would be hard to discover in the whole range of medical literature. Taken in conjunction with Dr. Jessop's views and researches regarding healthy dress (Health, Nos. 236 and 237), the investigations of Dr. Neftel present us with the most complete refutation of tight-lacing as a deleterious practice which has yet appeared in the medical press.

The details set forth by Dr. Neftel require no explanation. It is one of the salient features of his paper that "he who runs may read." He tells us that, early in his medical career, he was in charge of a ward for consumptives in the large hospital attached to the St. Petersburg Medical School. Consumption was then regarded as an incurable disease.

"It is true," adds our author, "that at the post-mortem sometimes a characteristic cicatrix (or scar) would be found in the lungs, thus indicating the healing of a former cavity, or, what was still more suggestive, such cicatrices would be found occasionally in the lungs of persons who died of other diseases, and in whom, therefore, a spontaneous cure of tuberculosis had undoubtedly taken place at some previous period of life. But such cases were considered simply as exceptions to the rule. And yet the truly scientific physician knows that there can be no exception in nature, and if there exists only one case of cure of tuberculosis, a similar result can be obtained in any given number of such cases, provided all the conditions are known under which the so-called exceptional case got well."

Next in order, Dr. Neftel gives the details of a special case, which strongly attracted his attention. "Entirely under the influence of the prevailing notions with regard to the incurability of tuberculosis, I met a case in private practice which by its peculiarity seemed to throw some light upon the etiology of this disease. In a large family, all the members of which were remarkably strong and healthy, and in which tuberculosis had never existed for generations, one married daughter, twenty-nine years old, and mother of two children, was affected with pulmonary consumption. This patient was endowed, apparently, with the same robust constitution, and even the same features, as the rest of the family; she was brought up in the same locality, and under the same healthy sanitary conditions, and yet was the only member of the large family affected with tuberculosis

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of the lungs. Her disease was diagnosed by competent physicians, and the diagnosis corroborated a few years later at her death."

The previous history of this case was most instructive. "This patient was for a time under my observation, and gave a detailed account of her previous history, and even explained the cause to which she attributed the origin of her disease. When a girl, she was remarkable for robust health. During several years, while living at a fashionable boarding-school, she wore day and night a tightly-laced corset in order to have a small waist, and was admired for her beautiful figure. She continued to wear her corset, even while asleep, after having left school, and gave it up only after marriage. Even whilst at school she became pale, and was after troubled with a dry hacking cough, which, after marriage, became more troublesome, and at times was accompanied by febrile movements and increased expectoration. After the birth of her first child, the symptoms of pulmonary consumption became manifest. The disease progressed slowly, and at the age of 33, the patient died in an advanced state of general emaciation."

Our author, remarking on this case and its fatal result, says, with truth, that in all its details it resembles an instance in which a given disease has been produced artificially and experimentally in an animal. That is to say, given a certain disease-material the properties of which are known, and when inoculated into an animal's blood, the precise results may be predicted. So in this victim of fashionable folly, the tight-lacing had clearly resulted in the production of a diseased state, such as might have been foretold from a consideration of the injuries done to lungs and body at large by the insensate practices to which the lady had subjected herself.

Proceeding on the lines suggested by this case then, Dr. Neftel experimented on rabbits and dogs, with certain results, which paralleled, in a striking manner, those produced wilfully or ignorantly in the human subject. On May 22nd, for instance, a bandage was applied with "moderate pressure" round the chest and belly of a well-nourished black rabbit. On the 26th May it was found dead. In the interval, there had been difficulty of breathing, symptoms of inflammation, and allied signs of interruption to and interference with the vital processes. On post-mortem examination, the internal organs, and especially those of the abdomen were much congested, and the right side of the heart was enlarged. Another rabbit, similarly treated on May 29th, died on June 11th. The results of the compression were found to be similar to those obtained in the preceding case. In a third case, first treated on June 12th, the animal died on the 22nd. In the interval, the animal exhibited great difficulty in breathing, owing to the tightness of the bandage. Even after the bandage was reapplied quite loosely, the animal continued to grow worse, and died of internal congestion, although the lungs exhibited no unusual appearances.

Even with the bandage loosely applied so as to exclude all idea of pressure, the animals occasionally died spontaneously. The congestion of internal organs was always present, the heart was dilated on its right side, and the liver was enlarged and inflamed; but, save in one instance, "nothing of special interest could be discovered in the lungs." With dogs, experimentation was more difficult, owing to the difficulty of keeping a simple bandage on their bodies, unless, indeed, plaster of Paris was employed. But in the case of the dogs the symptoms were essentially the same as in the rabbit, but not so distinctly marked.

As the result of these experiments, it was seen that consumption could not apparently be produced by mere pressure. Consumption is, of course, a specific disease. To produce it we require the presence of the consumption-germ, or *bacillus*, with a favourable soil (or condition of body) in which to thrive. Dr. Neftel, in this connection, adds that "only certain persons of predilection, those with a so-called phthisical *habitus*, or, under certain conditions, are liable to be affected with pulmonary consumption. In other words, besides the bacillus, a certain predisposition on the part of an individual is requisite in order to become consumptive. Thus we are practically brought back to the same condition of things which existed previously to the disease of the bacillus, inasmuch as the primary factor in the production of the disease is the predisposition."

Our author, however, speaks more definitely on the direct effects of the compression of the chest by tight-lacing, as related to the production of consumption. "The so-called phthisical *habitus*, a peculiar faulty formation of the chest, with weak respiratory muscles and general debility, is justly considered a predisposing cause of pulmonary consumption. Under these circumstances, the lungs not being thoroughly ventilated, the stagnant air and the slow pulmonary circulation afford a favourable condition for the settlement and proliferation of the bacillus tuberculosis. Perhaps the development of tuberculosis in the case above stated could be explained in a similar way. The prolonged compression of the chest by tight-lacing in the perfectly healthy person seriously interfered with the normal pulmonary ventilation and circulation, and thus produced the same conditions which are so favourable for the development of consumption in persons with a congenital *habitus phthisicus*. I therefore maintain, though merely as a hypothesis, *that compression of the chest by tight-lacing, and continued for a certain length of time, constitutes a predisposing cause of pulmonary consumption.*"

The words I have italicized should be borne clearly in mind by all women. The story of disease-production is not ended with this statement however. The liver and other abdominal and pelvic organs suffer from congestion as a natural consequence of the chest compression. As in the rabbit, so in the human species. We find the circulation to be interfered with, the veins to become gorged, and a condition of matters brought about which has the most dire effect on the general health. Lower the general health, and you open the gateway to all diseases, is an axiom regarding the truth of which no doubt can be entertained. It is logically clear, therefore, that if compression of chest and of other parts of the body lowers the standard of the general health, we open the door to ailments both of hereditary nature and of more special kind. Even kidney-disease (albuminuria; see HEALTH, No. 237) may be produced by tight-lacing. Schreiber produced this disease in persons whose chests he compressed. The train of evils following fashionable crazes is really very long and dire in its nature. If women will sacrifice health to fashion, let them at least be well warned of the consequences of their folly.

Dr. Neftel sums up his case by the remark that "there can hardly be a doubt in the mind of the medical profession that women's dress, especially the pressure exercised by it upon the chest and abdomen, must necessarily produce an injurious effect upon their health. Indeed, it would be quite impossible for anyone unaccustomed from childhood to feminine wearing apparel, to bear it for a single day without great discomfort. Only by a constant habit of wearing it a certain tolerance is

created, owing merely to the fact that the compression gradually changes the natural shape of the internal organs, and even of its bony framework, just in the same way as the feet of the Chinese women become distorted by methodical compression. The last comparison is by no means exaggerated, and it can be truly said that the deformed feet of the Chinese women do less harm to their owners than the distorted viscera of our women. In view of this grave source of discomfort and disease, it is hardly worth mentioning the minor inconveniences of women's dress. Anyone, for instance, who would try to wear several hours daily their high-heeled shoes would soon become troubled with backache and general fatigue. I believe a certain kind of headache and facial neuralgia, induced by neuritis, is sometimes caused by exposure of the head, covered only by a fashionable bonnet in a northern winter. That such an uncomfortable mode of dressing unfits women for continuous and often hard work is self-evident. It seems strange that women, even those of great intelligence, do not modify their costume more in accordance with hygienic requirements, comfort, æsthetic taste, and common sense. Female fashions, as we all know, have their headquarters in Paris, where they are invented by a clique of uneducated dressmakers, totally ignorant of hygiene and devoid of æsthetic taste. From this principal centre the fashion instantly spreads to all the European courts and to America, and soon reaches the remotest parts of the civilized female world. All must submit to the dictates of fashion, which is the most absolute of despotisms, and against the decision of which, no matter how absurd and injurious, an appeal is impossible."

The true remedy for this great evil, as I have before remarked, is that of educating women in the laws of health, and in the knowledge of ordinary physiological truths. So long as either sex is ignorant of such knowledge, so long will not only dress-questions, but matters relating to food, cleanliness, ventilation, and all other health details, be neglected. Ignorance is the fruitful parent of disease and evil here, as in every other phase of life. Earnest women have already begun to initiate the work of reform. It remains for the sex at large to be educated up to the true way of health as regards fashions and dress. Thanks to the spread of education, to the teaching of physiology in schools, and to the diffusion of health-knowledge through the press, the coming of the Age of Health is at least being favoured in our land.

LARDERS.

By A. J. Daniels.

Dr. Johnson's definition of a larder is brief and to the point—"the room in which provisions are deposited." Nothing more concise than this could well be desired. In those pleasant times (a matter of some 130 years ago), when the worthy lexicographer compiled his Dictionary, no doubt ninety-nine houses in every hundred were provided with a chamber of fair dimensions devoted exclusively to the storage of household food. There are numerous old houses still standing that boast the possession of a dry, well-ventilated apartment of this nature—light, lofty, easy of access, and fitted with conveniences for storing household provisions in a rational and hygienic manner.

But time has moved forward since those halcyon days, and the great metropolis has expanded and spread itself in all directions. House-room, which had previously been measured by square yards, began to be computed by square feet. Now-a-days, in some districts, it is a question of square inches. As a natural result of this increase in the value of land, it became necessary on the part of the building fraternity to exercise economy in the utilization of the ground at their disposal. In other words, where one house had formerly stood three or four were erected. In this connection we are, of course, alluding only to what are known as "middle class" houses. With the palatial residences of the wealthy we have nothing to do. The circumstances which affect the working world do not touch them.

Under the circumstances mentioned, luxuries and superfluities (which, be it noted, were a century ago considered in the light of absolute necessities) were perforce abolished. Gardens disappeared, spacious, airy yards gave place to contracted air-shafts, living-rooms became smaller, and the store-rooms of our forefathers were utterly and entirely swept away. There was no space at the builder's disposal for such places. What was given as a substitute? If we look into a modern dictionary, we shall find an addition made to Johnson's definition of a larder. "A room *or place*," says the present-day lexicographer. That one little word strikes the keynote on which our remarks are based. "A place" is a vague enough description, but it suits the modern larder admirably.

In the majority of cases we find a small wooden cupboard in the kitchen, scullery, or outhouse; occasionally there is a rough brick erection in the yard or garden; now and again one comes across a wirework cage nailed to the outside wall of the house, or a locker in a damp and evil-smelling cellar is offered as a receptacle for the tenants' provisions.

Before briefly examining these arrangements, let us see what are the leading hygienic conditions in relation to the storage of provisions which require consideration when deciding upon the construction and situation of a larder.

If bread is the staff of life, the minor accessories of the table, such as meat, butter, milk, or vegetables, are crutches on which we all lean occasionally. If these things are fresh and pure, they will prove very efficient supports indeed. But, on the other hand, if they are subject to influences which destroy their health-giving characteristics, then they become destroying angels of the worst possible description. One need not enlarge on this axiom. The truth of it is patent to everyone. A furnace in which inferior fuel is heaped will burn badly. So with the human frame. To parody a familiar line—

> "Man wants but little here below,
> But wants that little *pure*."

Purity is the germ of a healthy existence. If men and women lived on pure food, breathed pure air, and led pure lives, our hospitals would be empty. This being granted, what precautions should be taken in order that the purity and health-giving properties of our food may not be destroyed or deteriorated in any way? These are briefly—1. Efficient ventilation, or the admittance of an adequate supply of fresh, cold air. 2. The admittance of daylight. 3. The maintenance, as far as possible, of an equable temperature. 4. The sanitary situation of the larder with regard to surrounding objects. Simple matters, no doubt, but easily forgotten and neglected.

Now, in placing a cupboard in close juxtaposition to a kitchen we subject its contents to a normally high temperature of the air. It is a fact well known to housekeepers, and thoroughly substantiated by science, that certain food stuffs undergo radical changes when the mercury in the thermometer rises beyond a certain point. Such articles as meat, fish, poultry, butter, and

milk are peculiarly sensitive in this respect. It is a familiar saying that these things "do not keep" in hot weather. The quality suffers rapid deterioration, and they become unfit for human food. If a cupboard must be used, a hole should be knocked in the wall against which it is placed and the interior thus ventilated and in some measure kept cool, by the entrance of the exterior air.

A wire cage is not a bad idea, provided it is hung outside the house in a suitable position. But if exposed to the blazing sun of summer or suspended a few yards from a dustbin or open sewer trap, one must expect developments in its contents conducive neither to health nor comfort. The top of such a cage should be provided with a sloping roof, say of zinc, painted white, and fitted with a gutter to carry off rain. A cloth hung over the roof and wetted once or twice a day in very hot weather is also to be recommended. This simple arrangement will keep the contents wonderfully cool.

A cellar is a bad place to keep food. It is dark, damp, and, in the majority of cases, badly ventilated. Then the proximity of the drains is unsatisfactory. The slightest leakage will affect the food before it makes itself perceptible to the senses. Wooden cupboards will rapidly absorb the damp and rot away in no time; mice and rats will soon detect the good things stowed away close to their homes, and each time Mary Jane fills a scuttle with coals, there will be a fine agitation of the air and dissemination of particles which will find their way through cracks and crevices and settle on the family provender. Taking everything into consideration, a cellar, unless of large size, lofty, lined and paved with tiles impervious to moisture, kept perfectly dry, well lighted and ventilated, is not a suitable place for use as a larder.

Perhaps the most efficient arrangement is a brick shed. The floor inside should be neatly tiled, and stone or slate shelves (easily washed and kept clean) provided. Air bricks should be inserted on two sides of the building to promote a current of air. A small window to admit light is also desirable. Such a structure would not entail great expense, and would undoubtedly prove exceedingly effective. As for the roof, cement or tiles are suggested. Galvanized iron, after an hour or two of midsummer sun, will be found nearly red-hot, and the heat will, of course, be communicated to the interior of the room. If cement or tiles are painted white, the rays of the sun will radiate, instead of being attracted and absorbed.

Even when placed in such a building, the bulk of our food-stuffs should be kept under separate wire covers, to protect them from the attacks of flies and other insects. The animalculæ of the air are dangerous propagators of disease. They flourish in the midst of disease and putrefaction, and leave a dusthole or a decomposed carcase to settle and deposit their eggs elsewhere. They manage to effect an entrance through the smallest aperture, and whatever they touch becomes contaminated. Cleanliness in the larder is, of course, of paramount importance. If a piece of food exhibits signs of deterioration, it should be removed without delay, or the entire contents of the larder will become vitiated. Bad food at once upsets the system, and if permitted will either—in the shape of some short, sharp malady—carry the victim off quickly, or lay the foundation of an unhealthy constitution and much suffering in after life.

By the exercise of a little care and forethought in connection with the larder, these evils may be avoided, and one's food maintained in a condition of wholesome and healthful purity.

Personal Health

"Be timely wise;
With health all taste of pleasure flies."—*Gay.*

SALICYLIC ACID IN FOODS.

In no particular does the difference between the customs of the people of the present day and those of their forefathers show itself more distinctly than in the amount and character of the food which they consume during the winter months. The diet of fifty years ago was characterized by simplicity, and want of variety; that of to-day is just the opposite. This is largely due to the improvements in the processes of food-preserving, by which every form of plant and animal life is as available at one season of the year as at another. Some of these processes are so simple that there is no reason for substituting questionable methods for them, while others require so much time and attention that packers are constantly on the alert to discover a way to shorten the time and lessen the necessary watchfulness.

With this object in view, chemistry is often appealed to, to solve the problems which are constantly presenting themselves. It is in this way that chemical products of various kinds find their way into the food-supply. The improvement which takes place in coffee when it is transported in sailing-ships is, now that a quicker method of transportation is employed, counterfeited by polishing and colouring; and to avoid the trouble of long treatment by heat of some vegetables and fruits, and their consequent deterioration in appearance, preservatives of various kinds are employed. One of the most commonly used of these is salicylic acid. The effect of this acid upon health has been thoroughly investigated in France, and its use in foods and drinks has been prohibited in that country since 1881.

Professor E. H. Bartley, of the Long Island College Hospital, Brooklyn, has recently examined this question with great care, and in an article which appears in the *American Analyst* his views and those of other authorities are given in full. In the use of this acid in the treatment of rheumatism, clinical observation shows that it cannot be continued for a long period of time without impairing digestion, and in its elimination it passes out undecomposed through the kidneys. It has been recognized that under these circumstances it not only irritates but inflames these organs. In preserved food we have to do with smaller quantities of the acid, as a rule; though that this is not always the case is shown by Professor Bartley's figures. He says, "The quantity of salicylic acid usually employed in wines is from six to eight grains per gallon, and in beer from twelve to fifteen grains per gallon; or, in the case of beer, from one to one and a half grains to the glass. As many men habitually drink twenty-five glasses during the day, they take from twenty-five to thirty-seven grains of the acid per day. The medicinal dose is usually stated to be from ten to twenty grains." He also calls attention to the fact that nursing mothers are frequently recommended to drink ale, porter, or beer, with the idea that it stimulates the

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mammary gland, and to the additional fact that temporary renal disease is frequent during the first weeks of lactation.

In conclusion, Professor Bartley says, "I should state that another serious objection to the use of salicylic acid is the fact that many samples found in the market contain more or less carbolic acid. It is now almost entirely manufactured from this very poisonous substance, and, unless great care is exercised, an appreciable amount of it is left in the finished product. Indeed, some writers think that some of the fatal accidents recorded from the use of salicylic acid have been due to the presence in it of carbolic acid. If the use of this acid is to be countenanced, impure articles will be used, and greater damage may be done than could come from the pure article. From a careful consideration of the whole subject, I am compelled to regard the use of salicylic acid in foods and drinks, and especially in lager beer, as at least open to serious objections. If it be harmless to healthy adults, the evidence of its deleterious action upon the aged and certain other classes of the community is too strong to be disregarded by sanitary authorities, and should prohibit its use for this purpose."

SOME COMMON CAUSES OF INDIGESTION.

Dr. T. Clifford Allbutt, in the course of a recent lecture on dilatation of the stomach, remarked on certain common causes of indigestion and of the ailment above noted. His observations are so pithy and to the point in respect of erroneous practices in the taking of food, that they well deserve the attention of the public at large.

The dilatation of the stomach, Dr. Allbutt holds, may be induced, no doubt, by excessive pressure upon the inner surfaces of the organ, even in cases where the pyloric opening (or that leading to the intestine) is intact. Prolonged or immoderate irritation of the cavity, as by the habits of the common glutton, produces a certain and even a considerable amplitude of that organ. But in a robust and well-fed animal this enlargement is rather a development than a retrogression, and I have no definite recollection of such a case ending in a bad form of the disorder. That which brings gastroectasis (or dilatation) to its graver and irremediable degree is a dietary at once bulky or coarse and innutritious. Bad cases of chronic gastroectasis not due to exhausting disease are chiefly found among the working classes, and in them the malady in its well-marked form is far from uncommon.

Miners, engine-drivers, piece-workers and the like, men generally of the most respectable and hard-working sort, too often find themselves before middle life with a large gastroectasis. These men have no regular meal hours, and, indeed, for many hours together, have no leisure for a meal. If they have time to feed, the meal may consist of some coarse and indigestible stuff, washed down, it may be, with pints of tea. You would not believe me did I tell you the number and capacity of the cans of tea which these men may empty in a day. Thus, the stomach is not only overloaded, but is charged with a solution which in such quantity is directly mischievous to digestion and probably to the stomach itself.

Flatulent dyspepsia, unnoticed at first, adds its inflation to the rest, the sufferer fails to understand the evil of his ways, the stomach gets worse, nutrition then suffers and dilatation follows, this result being partly due to the local pressure, partly to irregular functional activity, and partly to general impoverishment of the blood, each factor intensifying the other.

The abuse of aerated waters, again, in more than one case, seemed to be the cause of well-marked and obstinate gastroectasis; and I have had reason to think that a vegetarian diet has brought about the same result. I once discovered a gastroectasis of large dimensions in a middle-aged lady of the upper classes, who had consumed inordinate quantities of effervescing waters. She absolutely repelled the very notion of washing out, and she ultimately recovered on dietetic and medicinal treatment. In her, I believe, some atony (or want of tone) of the *primæ viæ* existed, as she came in later years under my care for fæcal accumulation in the transverse colon. Dilatation of the stomach is, I think, much less common in women, perhaps because they eat less or eat more regularly; but in them exhausting discharges are a potent cause of the malady, and in them, as in the male sex also, neglected hæmorrhoidal losses (through piles) may have this effect.

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Cremation.—On September 6th, the twentieth cremation took place at St. John's, near Woking. The deceased was a lady, aged 75, who had previously desired that her remains should be cremated. The cremation lasted a little over an hour, and the ashes weighed 3¼ lbs. The Cremation Congress, which was to have been held in Milan this month, has been postponed by the Organizing Committee, at the request of various medical associations in Europe and America, until the month of April, 1888.

We have received through the post from the publishers a neatly arranged book of thirty-two pages, with a highly illuminated and artistic cover. The book contains *fac simile* signatures of many of the most prominent men and women of the nineteenth century, as well as a series of fifty questions, for correct answers to which the publishers offer rewards aggregating £400. The book is filled with interesting reading matter respecting the everyday ills of life, with valuable information as to the causes, symptoms, and results of the same, as well as the best means of prevention and cure therefor, together with full accounts of cases that have occurred in all parts of the United Kingdom. The book is published by Messrs. H. H. Warner & Co., of 47, Farringdon-street, London, E.C., the proprietors of the famous Warner's Safe Cure, Warner's Safe Pills, Warner's Safe Diabetes Cure, Warner's Safe Nervine, and Warner's Safe Rheumatic Cure; and any person sending their name to the firm will receive a copy of the interesting book, and can compete for the £400 in prizes.

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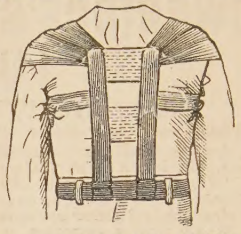

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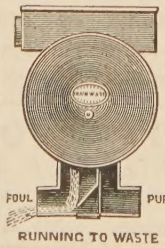

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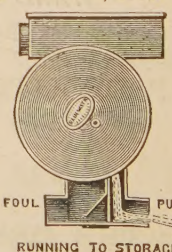

RUNNING TO STORAGE

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The Family Circle

"The child is father of the man."—*Wordsworth.*
"In bringing up a child, think of its old age."—*Joubert.*

MOTHER'S MILK, AND THE DANGERS OF ARTIFICIAL FOODS.

Few people are aware of how alarmingly enormous is the death-rate among babies, and fewer still of the fact that the awful mortality is mainly due to ignorance and neglect. Sometimes there comes with reflection the dawning of truth, and a divine yearning, all too late—

"For the touch of a vanished hand,
And the sound of a voice that is still."

In London and New York about one-eighth of all the deaths *of the entire population* is from diarrhœal diseases in children under five years. In one town in New England it was over a sixth. Of 14,773 deaths among children in New York, 13,000 were from diarrhœa in children under five years of age. As diarrhœa points to trouble to the digestive tract, and as the nutritive processes are the most active of all in the young, it should not take much insight to ascertain that this diarrhœa, which is so fatal, is due to improper feeding. But the truth becomes all the more striking when we find, as Dr. Thorpe, of Liverpool, tells us, that of 634 deaths from infantile diarrhœa, only 28 were among those fed on mother's milk. In Berlin the certificates of death of all infants under one year of age are required to state whether the little ones have been brought up at the breast or on some kind of artificial food. Of 10,274 children dying under the age of one year, 7,646 were hand-fed. There are localities where the infant mortality constitutes a third of all the deaths. All this should be sufficient to open the eyes of those who have children; but we give the following:—

"Before the Foundling Asylum was established, the foundlings of New York, more than a thousand annually, were placed in the almshouse on Blackwell's Island, in charge of the pauper women. . . . To each of these women one or two foundlings were assigned, and they were expected to feed them with the milk and the bread of the almshouse, made into pap. *These waifs all died within three months.*" There is one institution where "a ward is set apart for such infants as are, from necessity, deprived of breast-milk, and it goes by the name of *the ward of the dying babies.*" So much for the dangers of artificial feeding. Such is the cost of human ignorance.

Nothing equals mother's milk, but as every babe cannot have mother's milk, the question arises, what is the next best thing? Starchy and farinaceous foods are entirely out of the question. Milk contains no starch, there is no provision in the infant economy for the digestion of starch; then why give a new-born infant starchy food? As Dr. Harris, of St. Bartholomew's Hospital, has well said, "Starchy foods are like poison to infants." A few years ago there was a congress held in Germany to consider the best means of feeding babies. Some of the most eminent men were present, and it was unanimously agreed that cow's milk is the best substitute for breast-milk. Milk is the food prepared by Nature for the young of mammals, and common sense should tell us that no canned foods are likely to equal it. Every mother should know that no tinned food is a proper substitute for mother's milk. But let no one be deceived: all milks are not alike. There is an important difference between mother's milk and cow's milk.

If acid be added to mother's milk, it flakes, while cow's milk forms dense, heavy curds when acid is added to it. It is these curds which tax the infant's stomach, causing colic, vomiting, diarrhœa, and in due time wasting and death. It is just these curds, therefore, which have been altogether too carelessly overlooked. Let those who insist that plain cow's milk is a good thing for infants consider this:

Some years ago a benevolent lady, seeing the need for a home where young infants might be properly fed, founded an asylum in a healthful place. The appurtenances were perfect, so perfect, indeed, that the cows on whose milk the little ones were to feed grazed in the outlying pastures. Everything seemed very promising. But after the babies were brought in, it was found that they soon died. So the experiment proved a failure.

What, then, is the solution of this problem? Simply this: Digest the milk, so that the babe's stomach will not be overtaxed and irritated. A means has somewhat recently been discovered for rendering cow's milk like mother's milk. The process is extremely simple, and can be easily carried out by an ordinary nurse or domestic. All that is necessary is to add a Zymine Peptonizing Powder (Fairchild) to a pint of cow's milk. The powder digests the cow's milk, so that it no longer curdles in the stomach, but becomes as bland and assimilable as mother's milk, and highly nutritious. A contemporary (*The British Medical Journal*) says of this, "Its introduction has probably done more than any other therapeutic measure of recent times to lessen infant mortality."

SOCIAL AND PHYSIOLOGICAL INEQUALITY.

By Henry Dwight Chapin, M.D.

Professor of Children's Diseases in the Woman's Medical College of the New York Infirmary.

THIRD AND CONCLUDING ARTICLE.

Modern industrial civilization is adapted to make the sharp sharper and the dull duller, which is only another way of saying concentration of wealth and diffusion of poverty. Society should strive to atone for its fearful inequalities, not by division and almsgiving, but by strengthening the weak for more successful effort. It must aid the poor and unfortunate by giving them a chance to help themselves. Giving to charities is esteemed generous; it is a truer generosity for the keen man of affairs not to ruinously undersell his less acute neighbour, and thus, perhaps, force him to depend on charity. Above all, no social relief that is not based upon essential causes can be permanently successful. Social reformation that is not in harmony with the underlying laws of Nature will always be a failure. It must follow in the lines indicated by a logical study of the sciences of biology, physiology, and even of pathology.

Social law must conform to natural law. All artificial adjustments only complicate existing troubles in leaving untouched the real causes of these troubles. If several men are in a boat that capsizes, all will struggle to reach the shore, but the man who cannot swim will sink, although all the legislatures of the world forbid death by drowning. He sinks in obedience to a natural law, attraction of gravitation, the operation of which, to his destruction, he is not expert enough to avoid in an unaccustomed environment. If society will prevent such accidents, it must do it in the natural way of strengthening its members and teaching them how to swim, plainly showing the possible consequences of such

a neglect, and not by issuing fiats against misfortune. This is the natural as distinguished from the artificial method of dealing with a social question. A persistent struggle for continuous and successful life, with intervening accidents or catastrophes, always possible, forms the ever-present condition of physical as well as of social living. Much of our daily energy is necessarily expended in repairing continual bodily waste that the process of life entails, in fighting off disease or avoiding accidents. Life can truly be defined as a struggle for existence. With reference to life in society, Carlyle, in his terse, strong style, puts it thus: "No man lives without jostling and being jostled; in all ways he has to elbow himself through the world, giving and receiving offence. His life is a battle, in so far as it is an entity at all." Sociology must try and determine why many fight such a losing battle, by seeking closer counsel with the laws and teachings of physiology.

The lazy, inefficient, and even the criminal classes are an inevitable by-product of our complex modern civilization. They are not accidents, but accretions. They are developed by laws that it is the duty of social science to discover and obviate, instead of indulging in idle moralizing. These laws must be evolved by a slow and patient study of social phenomena interpreted by biological methods. When these laws are understood, it will be seen that a sound education is the measure of relief. I use this word in no narrow or conventional sense, but meaning the development of the whole being in the line of the highest strength and efficiency of the various parts. Every effort of the philanthropist, the social reformer, and the Government must be invoked to prevent degradation and degeneration in the poorer classes, and raise them to a better status. The laws of healthy development must be taught, and the consequences of their neglect in the habits of life be shown.

A young man who will marry early and raise a large family in a closely populated centre will inevitably involve himself in poverty and his family in misery. Such apparent facts must be laid before the young in time to prevent mistakes which cannot be rectified. One of the unfortunate factors in the social question is that the poorest and often the physically unfittest classes are usually the most prolific, for which they sometimes receive needless and undeserved praise. It is the business and duty of Government to do all in its power to prevent or mitigate any environment that all experience shows will produce not only physical and mental inefficiency, but sufficient degradation of the moral sense to make criminals. To this extent can Government profitably interfere in a social question.

It may be contended that Government is not a philanthropic institution, and hence it is without its scope to consider means to elevate the shiftless and unfortunate. It may also be argued that Government cannot consistently interfere even with the degradation of people without assuming a right to regulate all their affairs. But, outside of all theoretical objections, no one will deny the right and duty of Government to look out for itself. Self-preservation is a law that applies to governments as well as to individuals. Any factors that threaten the stability of organized society, threaten at the very same time the very existence of governments. Hence, when scientific and hygienic laws show that certain environments degrade and degenerate men, they must be prevented, although appearing to interfere with the liberty of the subject. No legal shibboleth must be allowed to stand in the way of such action. Government, in its function of preserving itself and looking out for the best good of the majority, must prevent a minority from living in any way it can take cognizance of that plainly lessens their health and efficiency.

In spite of caste, society is homogeneous. One section cannot suffer long without affecting all. If one part is much diseased, the healthy part will sooner or later feel the infection. More equable health will equalize opportunity. Political communism is a dream of agitators. The toiling, weary, worsted masses look in vain for such a chimera. Deliverance must come from within. Our popular agitators are impatient of a few weeks' delay in righting the wrongs of society. Reform of this kind that is measured by months is superficial and uncertain. Nature in progressing is prodigal of time, but operates with certainty and thoroughness.

A Big Sponge.—In a window in New York there is at present exhibited a sponge, said to be the largest Florida sponge in the world. The sponge looks like the thatched roof of a small cabin, and measures eight feet in circumference when wet.

A New Bleaching Process. — Messrs. Jacobson Brothers, of Berlin, are stated to have discovered a new process for bleaching vegetable and animal fibres, which is likely to prove of great utility. Hitherto the use of oxygenated water for bleaching purposes has been very limited, as this product soon loses its efficacy if carried to any great distance. The inventors found that oxygenated water can, in most instances, be replaced with advantage by baths obtained by adding peroxide of barium to the solution of certain salts. The peroxide of barium is decomposed very slowly in the water, and throws off oxygen. These decolouring properties imparted to the saline solutions are, to a considerable extent, independent of the nature of the salts, and the most favourable results are obtained with alkaline silicates, the chloride of ammonium, and the alkaline borates. The chloride of magnesium and phosphate of soda act less powerfully, and still less the sulphates. The proportional weight of the salts, and the water in which they are dissolved, vary considerably, but a mixture of one part of peroxide of barium, one part of silicate of soda, and one hundred parts of water, is sufficient in most instances. A more concentrated solution may be employed for bleaching vegetable fibres, such as linen, jute, rags, paper pulp, &c., but in the case of animal fibre a stronger proportion of silicate might act prejudicially, owing to the alkali which is disengaged. For jute and linen the process requires one or two days. The peroxide of barium may be mixed with the silicate solution, or a mixture of pulverized peroxide of barium and silicate may be dissolved in water.

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When Faith grew doting, and our reason cold,
'Twas she discovered that the world was young,
And taught a language to its lisping tongue."

—*Charles Mackay.*

THE DISCOVERY OF ETHER AND CHLOROFORM.

From one of a series of eminently powerful chapters on medical advance in the Victorian era, by Dr. B. W. Richardson, in the current number of the *Asclepiad*, we extract the following graphic remarks:—

The administration of ether speedily became general for surgical operation, and on the 19th of January of the succeeding year, 1847, it received a new development by the application of it for removing the pangs of parturition. Professor James Y. Simpson, of Edinburgh, afterwards Sir James Y. Simpson, Bart., was the first to use ether for this purpose, and his clever remark, "That when God made woman from the rib of man He performed the operation under a deep sleep," was a saying which has taken a lasting place amongst the brilliant repartees of the last generation.*

For a time it was hoped that the administration of ether would be practically free from danger; but this hope was not satisfactorily sustained. Very soon some cases were reported—one at Colchester under Mr. Nunn, another at Grantham under Mr. Robbs, and two more in London—of supposed death from the inhalation. In all these cases, however, death occurred several hours, and in some of the cases days, after the administration, and the profession, therefore, accepted pretty generally the opinion of Dr., afterwards Sir John Forbes, that the cause of death was to be attributed, not to the ether, but to what Travers had called "constitutional irritation," under which, before anæsthesia from ether was thought of, deaths following rapidly upon operation were well known. On the whole, it must be admitted that ether stood well as a safe anæsthetic; and, although the opinion of Snow, who became one of the earliest and most skilful administrators, that ether had never directly caused death by inhalation, was received with some scepticism, it was so hard to refute that practically the anæsthetic held its own.

The vapour of ether continued to retain its place unchallenged until the 10th of November, 1847, when it met with a rival on the floor of the Medico-Chirurgical Society of Edinburgh, in a paper by Professor J. Y. Simpson, containing "An account of a new anæsthetic agent as a substitute for sulphuric ether in surgery and midwifery." This new agent was chloroform.

Chloroform as a chemical curiosity was discovered in the year 1831. Three chemists appear to have nearly equal claims to the credit of the introduction. These are Mr. Samuel Guthrie, of New York; Soubeiran, in France; and Liebig, in Germany. Guthrie named the substance "chloric ether"; Soubeiran, "liquid bichloric ether"; and Liebig, "liquid chloride of carbon." It is quite certain, from his description of the liquid he obtained, that Guthrie made pure chloroform, and that his contemporaries were impressed with the importance of the discovery and its relations to medicine is clear from the observation of Mr. Daniel B. Smith, of Philadelphia, who, in the *Journal of the College of Pharmacy*, in 1832, wrote that "the action of this ether on the living system is interesting, and may hereafter render it an object of importance in commerce. Its flavour is delicious, and its intoxicating qualities are equal to or surpassing those of alcohol. It is a strong diffusible stimulus, similar to hydrated ether, but more grateful to the taste."

Three years after the discovery of this agent it was investigated by Dumas, who named it chloroform. Liebig, making a new inquiry, and confirming Dumas, re-named it perchloride of formyle, by which name it was long known in the chemical world; but the simple word chloroform has found most favour, and, indeed, has been incorrectly extended by the public to all and every substance which produces anæsthetic sleep. * * * *

Meanwhile, many were at work, in England especially, endeavouring to obtain a better, and it was even hoped a safer agent than ether, and one offering fewer difficulties in the way of administration. Foremost amongst these investigators were Dr. J. Y. Simpson, of Edinburgh, and Dr. John Snow, of London, the former having more facility for research, and taking the lead. Simpson studied the action of various chemical fluids, amongst others chloride of ethylene or Dutch liquid, acetone, nitrate of oxide of ethyle, benzin, and vapour of iodoform. For one reason or other, he cast them all aside as wanting in some required quality. * * * *

Dr. Simpson, moving from one substance to another, and asking, as was his wont, on all sides for information, asking the chemists especially what they knew or how they could help, had a talk in October, 1847, with Mr. Waldie, of the Apothecaries' Hall, Liverpool, during a visit of that gentleman to Edinburgh. Waldie, in a pamphlet on chloroform, published in 1847, tells us precisely what occurred. Dr. Simpson asked him, he says (speaking of new anæsthetics), if he knew anything likely to answer. Chloric ether was mentioned during the conversation, and being well acquainted with its composition—that it was a solution of chloroform in ether—and with the volatility, agreeable flavour, and medicinal properties of chloroform, he (Waldie) recommended Dr. Simpson to try chloroform, promising to make some for him on his return home. This statement by Mr. Waldie was confirmed by Dr. Simpson himself, who, in a note to his first paper on chloroform, says, Mr. Waldie first named to him the perchloride of formyle (chloroform) as worthy amongst others of a trial.

* Sir James Simpson's remark was made in reply to certain foolish theologians, who maintained that, as the Bible declared that woman should bring forth children in pain and sorrow, the use of chloroform was in direct contradiction to Scriptural authority. The knowledge of this puerile objection is necessary to understand Sir James Simpson's clever retort as given by Dr. Richardson above.—Ed. H.

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"Isabella Thwaites."

Simpson experimented with chloroform to prove it an anæsthetic, and accepted the responsibility of its first administration and first introduction.

The paper on chloroform communicated by Dr. Simpson to the Medico-Chirurgical Society of Edinburgh on November 10th, 1847, was, perhaps, the shortest paper ever written on a subject that was to be of so great importance. It fills but twenty-three short pages of matter, and it tells a story that has become history, in language as forcible as it is unaffected.

The news of the discovery created an interest at the time little less than the discovery of anæsthesia itself. The demand for chloroform did in truth create a commerce which Mr. Daniel Smith, of Philadelphia, who spoke so shrewdly in 1832, hardly had dreamed of. In every hospital, in every private practice, chloroform ranked at once as a remedy; and for forty years it has been one of the most widely dispensed of all the agents sent forth for the relief and cure of disease and pain.

There is nothing more to be said, as matter of history, respecting the discovery of chloroform and its application as an anæsthetic. The facts are so simple, clear, and unmistakable, that the future historian who shall read them as above rendered need feel no doubt. But much comment was soon raised on the question whether the introduction of chloroform was on the whole useful. American and French authors of good repute, men of sound and practical knowledge, urged that ether, when skilfully applied, was perfectly manageable and much safer than chloroform. The greater safety of ether became a fact acknowledged on all hands; but the perfect and easy management of it, compared with the management of chloroform, prevented for a time the return of its popularity. Snow put the position admirably on one occasion. He was asked why he employed chloroform instead of ether, while he held ether to be the safer agent of the two. "I use chloroform," he said, "for the same reason that you use phosphorus matches instead of the tinder-box: an occasional risk never stands in the way of ready applicability."

The truth spoken by Snow is one very generally felt, though rarely expressed with so much terseness and candour. But, confessing that chloroform has increased the mortality due to general anæsthesia, we are bound, after all, to accept the introduction of it as an advance. It is just possible that, if no such new agent had been discovered, the practice of general anæsthesia would have fallen into disrepute, instead of progressing, as it has progressed, until it has become universal. Moreover, the introduction stimulated curiosity for new research, and led to the conviction that an immense number of other chemical bodies possess analogous narcotic properties, some perchance having all the value and none of the evils of chloroform; nay, that there yet remains to be discovered by the patient inquirer an agent which shall do all that is required for annulling pain, and yet shall inflict no further danger than is inflicted by that natural sleep which restores the daily life, and is great Nature's second self.

Magnesium light for photographic purposes is now made by mixing twelve parts of chlorate of potash, six parts of magnesium powder, and one part of prussiate of potash. The powder burns with a flash, lasting only from one-thirtieth to one-fiftieth of a second, and yields a more intense light than when wire or ribbon is used.

THE ILLNESS OF THE CROWN PRINCE.

Mr. Lennox Browne, Senior Surgeon to the Central London Throat and Ear Hospital, Gray's-inn-road, delivered a Clinical Lecture on Monday, the 14th inst., before a large audience of the medical profession; the subject was "Benign and Malignant Growths of the Larynx (or Organ of Voice)." The author prefaced his remarks by stating that he was prompted to speak on this subject because it was largely occupying the public mind at the present moment, and it was, therefore, one concerning which it was very necessary and desirable to give some accurate information, but at the outset he disclaimed any intention of impertinently interfering with a case he had not seen, far less of speaking in a spirit of jealousy or cavilling criticism which might be calculated to harass those charged with a terribly anxious responsibility.

Benign growths of the larynx were divided into three classes: (1) those which once removed did not recur; (2) those which recur, but in which the recurrent element is not strongly manifested; (3) those in which the recurrence is so persistent as to practically constitute a local malignancy, without, however, infecting the system with the elements of a fatal constitutional disorder.

Benign growths were stated to be rare, and to occur in not more than one per cent. of chronic laryngeal disease. The commonest primary cause was active congestion of the mucous membrane, and at least half the cases on record occurred to those whose occupation obliged them to exercise their voice professionally. With regard to treatment, it was insisted that many small growths might be reduced by astringent applications, and that all should, as far as possible, be removed by instruments so guarded as to be incapable of wounding healthy tissue. Such injury was believed to be a not infrequent cause of malignant degeneration of growths, which were primarily benign, and Mr. Lennox Browne had been the first to draw attention to this fact so long ago as 1875. The proposition had met with opposition in one or two quarters, but it had been again brought forward prominently during these last few days, as if it were something new; evidence appeared to be accumulating in confirmation of the correctness of the lecturer's conclusions on this subject, and doubtless they would soon be generally accepted. The distinction between benign and malignant growths was carefully elaborated as well as the varieties of malignant formations, such variations denoting varying degrees both of local malignancy and of constitutional

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WHY HE DID NOT GO TO THE HOSPITAL.

He Could Leap Through the Air.

MY object in writing is twofold—to express my gratitude for a great benefit, and to tell a short story, which cannot fail to interest the feelings of many others. It is all about myself, but I have remarked that when a man tells the honest truth about himself he is all the more likely to be of use to his fellow-creatures. To begin, then, you must know I had long been more or less subject to attacks of bronchitis, a complaint that you are aware is very common and troublesome in Great Britain in certain seasons of the year. Some months ago I had a very severe turn of it, worse, I think, than I had ever had before. It was probably brought on by my catching cold, as we are all apt to do when we least expect it. Weeks passed by, and my trouble proved to be very obstinate. It would not yield to medicine, and as I also began to have violent racking pains in my limbs and back, I became greatly alarmed. I could neither eat nor sleep. If I had been a feeble, sickly man, I should have thought less strangely of it; but as, on the contrary, I was hearty and robust, I feared some new and terrible thing had got hold of me, which might make all my strength of no avail against it. I say, that was the way I thought.

Presently I could not even lie down for the pain all over my body. I asked my doctor what he thought of my condition, and he frankly said, "I am sorry to have to tell you that you are getting worse!" This so frightened my friends, as well as myself, that they said, "*Thomas, you must go to the hospital; it may be your only chance for life.*"

But I didn't want to go to the hospital. Who does? when he thinks he can possibly get along without doing it. I am a labouring man, with a large family depending on me for support, and I might almost as well be in my grave as to be laid on my back in a hospital unable to lift a hand for months, or God only knows how long. Right at this point I had a thought flash across my mind like a streak of sunshine in a cloudy day. I had heard and read a good deal about Mother Seigel's Curative Syrup, and I resolved, before consenting to be taken to the hospital, I would try that well-known remedy. On this I gave up the doctor's medicine and began taking the Syrup. Mark the wonderful result! I had taken but three doses within twenty-four hours when I was seized with a fit of coughing, and threw up the phlegm and mucus off my chest by the mouthful. The Syrup had loosened and broken it up. Continuing with the Syrup, the racking pain, which I believe came from the bitter and poison humours in my blood and joints, soon left me entirely, and I felt like going to sleep, and I did sleep sound and quiet. Then I felt hungry, with a natural appetite, and as I ate I soon got strong and well.

I felt I could leap through the air with delight!

In a week I was able to go to my work again. It doesn't seem possible, yet it is true, and the neighbours know it. There are plenty of witnesses to prove it. And, therefore, when I say I preach the good news of the great power of Siegel's Syrup to cure pain and disease far and wide, nobody will wonder at me.

THOMAS CANNING.

75, Military-road, Canterbury, Kent.

Mother Seigel's Curative Syrup is for sale by all chemists and medicine vendors, price 2s. 6d. per bottle, and by the proprietors, A. J. White, Limited, 35, Farringdon-road, London, E.C.

infection. The prospects of cure of various operations for removal of those of the graver kind were considered in detail.

In justification of those who advise delay of radical treatment by excision, statistics were given to show that while an enormous percentage of such cases have a rapidly fatal issue, in none is there any recovery of voice or anything more than prolongation of a few years of life of considerable discomfort. No physician would dream of advising such a hazardous procedure so long as microscopic examination showed the disease to be of an innocent nature. The milder operation of tracheotomy, while less immediately fatal, possesses all the advantages as to extension of life, and a minimum of the dangers and miseries of so-called radical extirpation.

Jottings from the Journals

"Th' ingredients of health and long life are
Great temperance, open air,
Easy labour, little care."—*Sir Philip Sydney.*

Burial Reform.—A meeting of the Church of England Burial Reform Association was held at Wolverhampton on the 3rd Oct., during the Church Congress week. The Mayor of Wolverhampton, Mr. Vincent Jackson, senior surgeon to the Wolverhampton and Staffordshire General Hospital, presided, and in his opening speech warmly advocated the claims of the Association, which, though promoted by members of the National Church, was unsectarian. He also observed that "its aims were not faddy, or ephemeral, or merely sentimental, but based upon the conviction that their adoption would benefit the human race. The Association was zealously endeavouring to impress upon the public that the only mode of burial of the dead which was consistent with the health of the living was that which enabled the body as quickly as possible to be brought into contact with the earth and the air, and its decomposition and its absorption effected. The best mode of burying the dead in a sanitary point of view belonged to the domain of preventive medicine. It was, therefore, the duty of medical men to become the Society's auxiliaries, and to give on all occasions the most emphatic and dogmatic counsel upon this vitally important question. The reforms required were as follows:—The coffin should be of the most perishable and lightest material, such as compressed pulp, metallic and every form of imperishable coffin being most objectionable. The interment should be as early as possible. The pall, which was an unnecessary and baneful covering, should be discarded. The burial should be in the plain earth, in conformity with the instructions of the Burial Service, 'earth to earth,' to the total disuse of vaults and bricked graves, which convert a graveyard into a heap of putrescent remains, a source of contamination of the most deadly character to surrounding wells and water-courses for all time to come." The following resolution was subsequently moved by the Mayor: "That the prevalent mode of burial is contrary to the mode plainly indicated in the Burial Service—namely, simple burial in the plain earth; and that a return to this simple mode is necessary on grounds sanitary and economic." In seconding this, Dr. Malet, Medical Officer of Health for the borough of Wolverhampton, said that the present system of heaping bodies in graves, or, still worse, in cemented or built-up vaults, could not be too strongly condemned, tending as it did to the spreading of disease and injury to the health of those attending such burials. The resolution was unanimously adopted.—*Lancet.*

Our Bookshelf

"Reading maketh a full man."—*Bacon.*

A BOOK ON COW-POX.

Cow-Pox and Vaccinal Syphilis. By Charles Creighton, M.D. (London: Cassell & Co., Limited. 1887.)

This suggestive and forcibly written little book aims at combating the generally received doctrine that cow-pox is small-pox, modified and deprived of its virulence by transmission through the cow. It throws a new light on the origin of the eruptions and other unfortunate accidents which are too frequently considered as syphilis communicated by vaccination.

The identity of cow-pox with small-pox was early surmised; and many arguments, in addition to the fact that it is protective against small-pox, might be adduced in favour of this view. For example, it has been observed that epidemics of the two diseases occur together, and that since the introduction of vaccination the so-called "natural" cow-pox has in great measure disappeared. Again, Ceely and Badcock succeeded in inoculating cows with small-pox lymph, and the contents of the pustules produced imparted cow-pox to healthy cattle, and from lymph thus produced from cow small-pox successful human vaccination has been practised.

Dr. Creighton objects to the term "small-pox of the cow," or variolæ vaccinæ, which was used by Jenner about ninety years ago, and which has been accepted without question by subsequent writers. He shows that, even according to Jenner himself, the disease which effects the cow's udder is ulcerative in nature, and quite unlike small-pox or variola; and that the pap-pox of the cow and small-pox only resemble each other in their earlier stages. Extracts from Jenner and various other writers are given to prove that the disease affecting the cow and communicated to the milkers was different in its essential characters from genuine small-pox.

The author shows that some of the lymph now in use did not come direct from cow-pox vesicles, but from small-pox matter cultivated by Badcock, and that there is a variety of stocks of "vaccine" matter. He considers, however, that "the average effects of vaccine of everyday practice are a more or less remote reproduction of the natural history of cow-pox in the cow, of accidental cow-pox in the milker, and of the infection set up by primary lymph experimentally in the child."

Instead of speaking of cow-pox as small-pox "passed through the system of the cow," he would speak of the vaccinia or vaccination vesicles of everyday practice as the *cow*-pox modified by passing through the human system. The constitutional disturbance in the vaccinated infant is of varying severity, and seldom assumes the full force of the disease as seen in the milkers after accidental infection; the cow-pox has, in fact, been modified by passing through the human subject. Again, an eruption is observed in the cow and the milkers at the height or decline of the disease, and this is modified or only sometimes present in the vaccinated child, because the *cow*-pox has been modified by cultivation.

The three last chapters on vaccinal syphilis are of extreme practical interest. It is well known that people are apt to consider every eruption occurring after vaccination as the result of impure lymph, and a great deal has been written about syphilis being communicated from one infant to another. To many observers the origin of the syphilis that occurs sometimes after vaccination is

shrouded in mystery, for they have failed to trace the lymph to any syphilitic source. Dr. Creighton advances a new explanation of these eruptions and spreading sores, and claims "the phenomena of so-called vaccinal 'syphilis' as in no respect of venereal origin, but as due to the inherent, although mostly dormant, natural-history characters of cow-pox itself."

In other words he says that a study of the genuine cow-pox in the cow and milkers shows the disease to be ulcerative and accompanied by an eruption and constitutional disturbance, and that occasionally after inoculation on the child it tends to revert to its original severe type, although usually it is latent or kept in check.

The author considers cow-pox as resembling the great-pox rather than the small-pox, and that after effects of a similar nature occur in connection with the cow-pox, and with the true venereal pox. The cow-pox, however, having been modified by cultivation or by passing through the human body, only shows these secondary symptoms occasionally.

The contents and objects of the book are well summed up on the last page, where the author says:—"The first thing, then, is to dismiss Jenner's Latin name for cow-pox. Having dismissed the Latin name we come to the thing itself—to its character on the milch-cow's teats, and the circumstances of its very occasional origin thereon; to its characters as communicated by contact to the milkers hands and face; to its characters as experimentally cultivated and modified by artificial selection on the arms of infants; and to the occasional reversions of type, with disastrous consequences, in the ordinary course of vaccination practice."

THE CARE OF THE EYES.

Our Eyes, and how to Preserve Them from Infancy to Old Age; with Special Information about Spectacles. By John Browning, F.R.A.S., &c. (Sixth Edition; Eleventh Thousand.) With 58 Illustrations. (London: Chatto & Windus. 1887.)

On a former occasion we noticed Mr. Browning's little volume in favourable terms, and on the appearance of the Sixth Edition, we have to compliment him on having rendered the book even more useful as a guide to the care of the eyes than before. The author writes with an accurate knowledge of his subject. He is a practical optician, founding his practice on a thorough knowledge of the science of optics; and those who seek his opinion regarding their eyesight in relation to the use of spectacles or eye-glasses, may therefore rely on having their wants accurately and scientifically supplied. The preliminary account of the eye is clearly written, and the advice given by the author on all matters connected with the health of the eyes is sound and satisfactory. We again commend this useful little volume to the notice of our readers who may be interested in the preservation of their own eyesight, or in that of others.

Scott's Midlothian Oat-Flour, &c.—We note that Messrs. A. & R. Scott, of Glasgow, makers of the Midlothian Oat-flour Biscuits, Improved Oatmeal Cakes, and Oatmeal, &c., have been awarded the highest honour at the Adelaide Exhibition, in the shape of a First Class Order of Merit. This is a just testimony to the well-known excellence and high quality of the firm's manufactures.

Sanitary Appliances, Etc.

DAHL'S DYSPEPSIA CAKES.

We have received from the "Dahl's Agency," 41, Eastcheap, London, E.C., samples of "Dahl's Dyspepsia Cakes"—a remedy for digestive ailments which for many years has enjoyed the highest reputation in America. These cakes are in no sense either a drug or a medical compound. They consist of several varieties of grains and cereals, skilfully baked so as to form cakes, which are pleasant to the taste, and can thus be taken, without any risk of nausea being incurred, by invalids and children. The special feature of Dahl's Cakes consists in their power of relieving constipation in a natural fashion. This common ailment, for the cure of which many persons erroneously fly to the use of aperients, is often the source and commencement of many graver complaints, and it is satisfactory to find that in the cakes under notice there is provided a remedy, not merely of singular efficacy, but one the employment of which necessitates no great changes in diet or any inconvenience, beyond the usual and common-sense avoidance o indigestible foods.

The mode of taking the Dahl Cakes is simplicity itself. A cake, or even half a cake, is taken softened in the last cup of tea or coffee at breakfast, while this simple practice may, if necessary, be repeated at night, a cup of hot milk or water being used to soften the cake. The use of this remedy, entailing, as we have shown, no elaborate rules, is found to be most successful in curing constipation, and that by a process in which a valuable food is made to take the place of drugs. It should be added that the Dahl's Cakes are rich in phosphates, or those mineral principles which go to form bones and otherwise to nourish the tissues. Hence, for children these cakes are invaluable, and many a "nursery storm" over the administration of the too common "dose of medicine" will be avoided by their use. In many cases of ordinary dyspepsia or indigestion, the Dahl Cakes will be found of service in relieving the urgent and painful symptoms of that ailment, while it should be noted that sufferers from hæmorrhoids or piles will benefit greatly from a trial of these cakes. The plan of combining a nutritious food with a medicinal action is a very happy one, and Dahl's Cakes certainly represent a very successful result of the practical application of such an idea.

Coffee acts upon the brain as a stimulant, inciting it to increased activity and producing sleeplessness; hence it is of great value as an antidote to narcotic poisons. It is also supposed to prevent too rapid waste in the tissues of the body, and in that way enables it to support life on less food. These effects are due to the volatile oil and also to a peculiar crystallizable nitrogenous principle, termed caffeine. The leaves of the plant likewise contain the same principle, and the inhabitants of the island of Sumatra prefer an infusion of the leaves to that of the berries. Its essential qualities are also greatly changed, the heat causing the development of the volatile oil and peculiar acid which gives aroma and flavour.

Cocoa-nut Oil in the Seychelles.—The manufacture of cocoa-nut oil is carried on in the Seychelle Islands on a very extensive scale. A large portion of the oil sold in England as "Mauritius" comes from Seychelles. Nearly all the mills in the colony are of the most primitive description—a hollowed tree-trunk, a spar, an ox, and a boy with a stick, and the apparatus is complete. One or two improved mills were introduced some years ago, but they failed for two reasons—they easily got out of order, and "they did their work too well." In these parts the poonac is nearly as valuable as the oil itself; but if all the latter is extracted, the residue becomes almost valueless for feeding cattle, pigs, &c., and it was in this respect that improved machinery utterly failed. Seychelles is the only place where the double cocoa-nut, specimens of which were shown at the Colonial and Indian Exhibition, is to be met with, and even here there is only one island, that of Peaslin, where it grows in profusion. The nut, when cut in two and properly polished, makes a first-rate and very ornamental bread-dish or flower-stand.

Our Letter-Box

"Conference [maketh] a ready man."—*Bacon.*

NOTICES TO CORRESPONDENTS.

All Communications for the Editorial Department (including Books for Review, Specimens of Sanitary Appliances, &c.), to be addressed to "THE EDITOR OF HEALTH," 2, PATERNOSTER-SQUARE, LONDON, E.C. *Those intended for the Publishing Office to be sent to* MR. A. P. WATT, THE PUBLISHER, *at the same address.*

RULES FOR CORRESPONDENTS.

OWING to the mass of letters which reaches us each week, we respectfully direct the attention of Correspondents, desiring replies in the LETTER-BOX DEPARTMENT of HEALTH, to the following rules:—

1. All questions are answered free of charge in the columns of HEALTH.
2. All letters must be legibly addressed to "The Editor of HEALTH, 2, Paternoster-square, London, E.C.," *and to no other address.*
3. Questions to which answers are desired by post, are so replied to solely at the Editor's discretion. If no answer is sent by post, the query will be replied to in the "Letter-Box" columns of HEALTH. A stamped addressed envelope must accompany all queries to which a private reply is desired.
4. Addresses of physicians and surgeons will, as heretofore, be forwarded FREE to Correspondents on their enclosing a stamped addressed envelope for reply.
5. Correspondents are requested to write on one side of the paper only, and to make their inquiries as brief as may be consistent with clearness.
6. From the necessity of sending HEALTH to press early in the week, no Correspondent can be replied to in the "Letter-Box" columns in the same week in which the inquiry is received. Replies crushed out of any issue will be found in the succeeding number.
7. No Post Cards must be used in sending queries. Violation of this rule deprives the sender of the privilege of a reply.

LETTERS TO THE EDITOR.

CANNIBALISM.

SIR,—A friend having given me the subjoined extract from Carlyle's "French Revolution," book ii., chap. vii., which bears on, if it does not actually corroborate, my own feebler contentions in this connection, I send it to you, and request its early insertion in your pages. Allow me to add that had you been able to publish the elaborate, if not absolutely exhaustive bibliography of this practice I had compiled (but which from space considerations was omitted from your pages), it would have proved conclusively the issues I raised on this point in recent numbers of HEALTH.—

I am, Sir, your obedient servant, W. CURRAN.

33, *Auriol Road, W.*,
Nov. 13*th*, 1887.

"To fact, depend on it, we shall come back: to such fact, blessed or cursed, as we have wisdom for. The lowest, least blessed fact one knows of, on which necessitous mortals have ever based themselves, seems to be the primitive one of cannibalism: that *I* can devour *thee.* What if such Primitive Fact were precisely the one we had (with our improved methods) to revert to, and begin anew from!"

QUERIES AND ANSWERS.

REPLIES: GENERAL, SANITARY, AND MEDICAL.

ONE ANXIOUS, &C.—We should advise you to consult Mr. Pulvermacher, 94, Regent-street, London, W., and under his advice use one of his Galvanic Belts. This, in conjunction with cold sponging to the parts, will do good in the direction you indicate. It is more than probable that the legitimate exercise of the functions you contemplate would tend towards fuller development.

W. L.—We advise you to live generously, and, in place of your alcohol, to take with your meals Bokö1, which, as a pure and nutritive malt beverage, will do you good. Take, also, after your meals, a dessertspoonful of Thomson's Cod Oil Cream (Dublin-street, Edinburgh), as you evidently require such a lung-tonic and general nutrient. Clothe warmly all winter in the Sanitary Wool Clothing such as is made by Messrs. E. Ward & Co., of Bradford.

"ELECTRICITY IS LIFE."
(TRADE MARK.)

PULVERMACHER'S
WORLD-FAMED
GALVANIC BELTS,

FOR the CURE of NERVOUS DISEASES.
HAVE RECEIVED TESTIMONIALS from
THREE PHYSICIANS to
HER MAJESTY the QUEEN,
THE ACADÉMIE DE MÉDECINE of Paris and
FORTY MEMBERS of the
ROYAL COLLEGE of PHYSICIANS of LONDON.

RECENT TESTIMONIALS.

GALVANISM *v.* NEURALGIA and NERVOUS EXHAUSTION.
Pencoyd, Ross, Herefordshire, Nov. 10, 1887.
Gentlemen,—I am pleased to inform you that my brother has derived very much benefit from the use of your Galvanic appliance.
He has not had the Neuralgia once since wearing the Combined Band, and the tired feeling and loss of energy have quite disappeared.—Yours faithfully, M. E. MILES.
Messrs. J. L. Pulvermacher & Co., 194, Regent-street, W.

GALVANISM *v.* RHEUMATISM.
Aldershot Lodge, Aldershot, 9th November, 1887.
Dear Sir,—Some months ago I called at your establishment and purchased a set of Bands for a young girl who was suffering so much from rheumatism that she could not walk.
I am pleased to say that the patient has now left off wearing the appliances, and is perfectly restored, and I should like your advice on another case.—Yours very truly, (Mrs.) C. CLINTON.
Mr. J. L. Pulvermacher, 194, Regent-street, W.

GALVANISM *v.* NERVOUS EXHAUSTION.
Sevenoaks, Kent, 5th November, 1887.
Dear Sir,—I have great pleasure in stating that since I began to wear your Galvanic Combined Band I have derived great benefit from it. I have more life and energy to fulfil my daily duties, which before were quite a burden. I shall be most happy to recommend your appliances to others. I began to feel the effect after three weeks, and I am glad to state it is permanent.
Yours truly, M. HILL.
Mr. Pulvermacher, 194, Regent-street, W.

GALVANISM *v.* EXTREME NERVOUS WEAKNESS.
Mill-road, Cambridge, 4th November, 1887.
Dear Sir,—I feel I ought to thank you, as the means, in the hands of a merciful God, of restoring me to health and strength.
For several years I had been in a helpless condition, and could not walk or stand, and after taking large quantities of medicine, the doctors told me my case was hopeless.
My husband, as a last resource, came to you and purchased a special Galvanic Belt for my case, and after wearing it for a short time, I gradually regained strength, and in a few months I was able to walk, and I am now so far restored that I am a wonder to all my friends who know what I have suffered.—Yours sincerely, (Mrs.) W. CHARLES.
Mr. J. L. Pulvermacher, 194, Regent-street, W.

GALVANISM *v.* NERVOUS EXHAUSTION and DEBILITY.
Wantage, Berks, 2nd November, 1887.
Dear Sir,—I feel it my duty to write to you in reference to your Galvanic Appliances.
You will remember my case, and that I applied to you in March last.
You will be pleased to hear that I am now able to attend to my duties, and seemed to be possessed with inexhaustible vigour, and am gradually gaining weight.
I am deeply grateful, and felt I must let you know the results; and I should have written before, but I wanted to see if the effect was permanent.
Yours very faithfully, R. W. JOHN.
J. L. Pulvermacher, Esq., 194, Regent-street, W.

GALVANISM *v.* NERVOUS EXHAUSTION.
Lansdowne, Evesham, 1st November, 1887.
Dear Sir,—I am thankful to say your Electric Belt and Spine Band have been, under God's blessing, of great value to me, giving me the decided increase of general power and vigour which I was feeling so much in need of.
I have strongly recommended your treatment to my friends.—Yours faithfully, H. BRIERLEY.
Mr. Pulvermacher, 194, Regent-street, W.

GALVANISM *v.* NERVOUS EXHAUSTION.
The distressing symptoms of Nervous Exhaustion and Debility are speedily removed by means of PULVERMACHER'S world-famed GALVANIC BELTS, which are so arranged as to convey a powerful electric current direct to the affected parts, gradually stimulating and strengthening all the nerves and muscles, and speedily arresting all symptoms of waste and decay.

ADVICE PERSONALLY or by LETTER, free of charge.

FOR FURTHER TESTIMONIALS, both Medical and Private, see new Pamphlet, "GALVANISM: NATURE'S CHIEF RESTORER OF IMPAIRED VITAL ENERGY," post free on application to

J. L. PULVERMACHER AND CO.,
GALVANIC ESTABLISHMENT,
194, REGENT-STREET, LONDON, W. (nearly opposite Conduit-street).

WHO IS TO BE CHAMPION?

The Coming Contest Between Beach and Hanlan—Something about the Former.

Englishman and sportsman are almost synonymous terms the world over, and one of the best results of this fact is that other fact—that an Englishman, by reason of his sporting proclivities, becomes hard in muscle, sound in body, and mentally superior. If we were a nation of laggards and midnight pleasure-seekers, only a few generations would be necessary to show a decadence of physical and moral strength that would soon do away with the boasted glory of the thoroughbred Englishman, who asks no favours he cannot earn. We are fond of amusement, but with it we like a mixed good. Hunting, racing, cricket, yachting, or rowing, are all amusements, but of that kind that improves the physical and mental condition while it relaxes and freshens all parts. These are the universal amusements of Britain's sons in all countries and in all climes, and a word or line about them, or any distinguished exponent of them, whether professional or amateur, is always accepted or listened to with pleasure by all Englishmen.

In view of his past successes, and his approaching contest for the World's Championship with Edward Hanlan, on the Parramatta river, a few words regarding champion Wm. Beach will be read with interest by our people.

Beach is an Englishman, born in Surrey in 1851. When he was yet a lad his father moved to Australia, and the stern necessities of life required that the coming champion should "earn his bread by the sweat of his brow," and he was put to work in his father's smithy, and it was while engaged here that the bone and muscle so useful to him at present was developed.

Like all Englishmen, Beach took advantage of every opportunity to engage in athletic pastimes, and his inclinations turning to aquatics, he could occasionally be seen in his skiff rowing through the waters of the Illawarra lakes near his home. It was not until he was 23 years of age that he engaged in a regular contest, and that was in heavy boats, for the munificent sum of five shillings, his opponent being a publican. Beach won. From this time on, Beach, as an amateur, rowed against all comers, and was so successful that he was finally handicapped out of all races. His racing weight is 12 stone, and it is at this weight he will again contest with Hanlan, who has just sailed from San Francisco for Sydney. Beach has as a professional oarsman, in the last seven years, engaged in about twenty-five contests, winning all but six, and being second in three of these.

Beach's style of training is very severe, involving as it does a run of about three miles before breakfast, a walk of half-a-dozen miles afterwards, a pull in his boat over the course. After dinner another walk and a long pull over the course again, still another walk, and to bed promptly at nine o'clock.

Necessarily this constant strain on mind and body will "knock up" the strongest constitution, and Beach, with all others, has found that during the period devoted to training for a race that his liver and kidneys have given him a great deal of trouble, and he has been at times in a position where to give up training would lose a race, and to continue would probably ruin his health. A physician was necessary to be on hand nearly all the time, and strong drugs were required to make quick relief possible. Nature requires an aid to keep his physical condition up to the highest possible point, and it is not surprising to hear Beach state that during the time he was training to meet Hanlan in his last race, that his trainer procured for him some of Warner's Safe Cure, and that he "was most agreeably astonished at the great benefit which followed its use." It is a wonderful medicine, and he finds it the best possible aid to a command of all his natural powers, because it does not first goad and afterwards weaken the system, but works in perfect harmony with nature's laws. It not only gives temporary relief, but lasting benefit, and this fact has caused thousands of athletes all over the world to use Warner's Safe Cure, not only during the time of training, but at all times when they feel that depression of spirits, nausea, lassitude, or other symptoms of disordered liver or kidneys, from whence spring nearly all the ills flesh is heir to.

Any unusual or long-continued strain put on either the mind or the body will result in a weakening of the vital parts, and the liver and kidneys being so susceptible to injury, need constant care and attention, and if the same remedy used by Beach and others was taken advantage of by all the people, they would then be able to almost defy disease. Sedentary occupations, like too much activity, are likely to produce similar results on the liver and kidneys, and to each class Warner's Safe Cure is an invaluable assistant to Nature in preventing disease, and often a premature death.—*The Sportsman.*

Barkly.—[You cannot receive a reply in these pages the day after you write.] Read the pamphlet recommended to "W. J." in the present number, and note the tonic treatment with Syrup of the Hypophosphites therein described. As regards the indigestion, note the following with reference to your food: Rest after meals rigidly; food to be very light for a time; tea and coffee to be avoided, and Grant's Scotch Oat Flour to be taken morning and evening. Your flesh meat should be taken chiefly in the form of Brand's Beef Essence, soups, &c., and white boiled fish should be taken frequently, If these means fail to relieve you, write again. Marian's Vin Coca (Roberts & Co., Chemists, New Bond-street, London, W.) may be used as a tonic when the Hypophosphites are given up.

F. R. Lees.—You ask us a question which it is impossible to answer definitely. The remedy you name is a safe one; but we cannot advise you to use it in the case you mention, which, if the medical report be correct, is one for exact medical supervision and watching. You will be safer in all ways to trust to your doctor throughout.

Gospel Oak.—For your hair-troubles try the following lotion: Bay rum, two ounces; glycerine, two ounces; tincture of cantharides, one drachm; oil of bergamot, half a drachm; sulphate of quinine, ten grains; water, four ounces. This lotion is to be used every morning, and to be rubbed into the roots of the hair, all other oils and pomades being avoided. Use a soft brush only, and wash the hair once in a week or ten days, at night, with Bayley's Spermaceti Soap (19, Cockspur-street, Pall-Mall, London, W.) and tepid water. Keep the hair very short for a time.

S. P. Q. R.—Give up taking the tonic you are now using for a time, and attend simply and solely to your digestion. See advice fully given to "Barkly" in the present number. You do not require tonics so much as the due regulation of your food habits.

W. B.—Give the patient twenty drops of Fer Bravais in water, thrice daily, after food, and prescribe absolute rest in bed for her. The leg is to be supported, and dusted with a little plain starch powder. Diet to be light and not stimulating. See directions under this head given to "Barkly" above.

C. Gray.—Dr. Dunbar's "Alkaram" (used simply as smelling salts) is very useful for curing and checking cold in the head, especially in the early stages of the ailment.

Doubtful. — Superfluous hairs can only be satisfactorily removed by electrical means. Read the article on this subject in Health, No. 149. We can send, if desired, on receipt of stamped addressed envelope, address of a specialist who removes hairs in this way. No lotion or depilatory whatever can touch the roots of hairs.

Weaver.—The only true remedy, by way of prevention, for colds at large is to brace your system thoroughly against chill, firstly, by clothing all winter in the Sanitary Woollen Clothing made by Messrs. Ward & Co., of Bradford; secondly, by living generously, and by taking after your meals, when any tendency to cold exists, a dessertspoonful of Scott's Pure Cod Oil Emulsion and Hypophosphites. This treatment both prevents and cures colds; but when a cold is established in the system you may assist its removal by the use of an inhalation (at bedtime) of the vapour arising from a pint of hot water, to which a teaspoonful of Friar's Balsam has been added.

Soft Water.—1. It depends on the source of the draught. If it comes from the interstices of the windows, have the crevices filled with putty; otherwise, use sand-bags. 2. No; the water supply, as far as we can discover, is of perfectly healthy quality.

R. P.—[We never undertake to send single copies of Health containing replies. If you obtain its advantages, you should support it by subscribing regularly.] You must make a radical change in your diet. See advice given to "Barkly" in the present number. Rest after meals is a necessary point in your treatment. For constipation try Dahl's Cakes to breakfast (advertised and noticed in the present number); they will relieve your constipation naturally and effectively. Give up all aperients, and trust to the food-hints we have indicated.

Red Cross.—It is fairly evident you acquired a severe chill and are now experiencing the after-effects in the shape of a rheumatic tendency. Our advice to you is to try change of air for a time (if possible, to a warmer southern resort), and to live generously, but to avoid alcohol. A hot bath twice or thrice weekly at bedtime will do good; dissolve Tidman's Sea Salt in the water. For the rest, try fifteen drops Fer Bravais after meals, thrice daily, in water. Yours is not a case for drugs, but one for rest and temperate living. Rest after meals, and when the pains are severe try the effect of taking twenty grains bromide of potash dissolved in a wineglass of water. If not bettered, write again.

A. J. R.—The soda is only used when added to milk to prevent acidity. You should try to do without the soda; but, at the same time, we counsel you to put no faith in such alarmist notions as are too frequently circulated by the daily press. For your dyspepsia, see advice given to "Barkly" in the present number.

Talmud.—Wash the feet with Blue Gum Tree or Iodoform Soap night and morning, change your socks frequently, and dust on your feet, after washing, a little of Woolley's Sanitary Rose Powder. Internally, take fifteen drops Fer Bravais, after your meals, in water, thrice daily.

Oculus.—Try the lotion made by dissolving six grains sulphate of zinc in six ounces of rose water, and dilute for use at first with an equal quantity of tepid water.

C. Holloway.—You must wash regularly night and morning, as a piece of common cleanliness. If any discharge exists, use an injection made by adding a teaspoonful of Condy's Fluid to a tumbler of tepid water, and take a dose of Lamplough's Pyretic Saline in the morning occasionally. Avoid alcohol, and try a vegetarian dietary.

C. E. M.—If you are troubled with cold and chill in bed, we advise you to sleep in a warm woollen suit of sleeping garments, such as Messrs. Ward, of Bradford, will supply at a moderate price. The fire in your room is both healthy and an aid to ventilation.

George Stair.—1. We advise you to try Bayley's Cure, 17, Cockspur-street, Pall-mall, S.W. 2. The lotion we ordered you is made with the Geddes' Hemlock Bark Extract.

Bolsover.—The St. Jacob's Oil may do much good in a case such as that you describe. It is a most excellent liniment, and has proved serviceable in our hands.

Ellen Rice.—The disease you describe is epilepsy. Do not trust your child to any such quackish person as you mention, but consult a good physician at once. We can send you address of such, if desired, on receipt of stamped, addressed envelope.

A. Fox.—Howie's Filter is recommended by us as a thoroughly reliable one. That you are using is an ineffective one, and very troublesome to keep clean.

L. Ponsonby.—The disease is not known to be of hereditary nature—that is all that can be said on the subject. The circumstances you name are explicable in quite another fashion.

E. O.—In obstetric practice corrosive sublimate is used for injections and washes, but only under medical direction. It is a violent poison.

Eliza G.—Try the effect of rubbing a menthol cone (to be had from any druggist) on the painful part. Continue to take the Cod Oil after your meals as a strengthening measure. You should have your teeth carefully examined by a dentist, as many cases of neuralgia proceed from decayed teeth. If not cured, write again.

Inquirer.—1. If we are to judge from the terms of the circular we should say infinitely too much was claimed for a mineral water which is supposed to cure "Bright's Disease." "Diabetes," "Ringworm," and even the "Stings of Insects!" The force of folly could surely go no further than this, and to style the water in question "the most remarkable and powerful chalybeate water ever discovered" is sheer nonsense. It may be a good chalybeate water, but no such water can be of equal service in the varied diseases named in the circular you send. 2. The substance you name should only be employed under medical advice.

RESULT OF A 2s. 6d. INVESTMENT.

From "The Chelmsford News."

While on the subject, we may mention the case of Mrs. Mary Ann Halls, of Wardley, Uppingham, whose husband has been a resident of Rutland County for over forty years. His calling is that of a shepherd, and it is safe to say that no one is better known in all the country about Wardley than John Halls. He is universally respected as an industrious and honest man. In reciting the particulars of the case, we can do no better than use Mr. Halls' own statement made to our reporter. He says: "For over eighteen years my wife was an intense sufferer from rheumatism. Much of the time her hands, elbows, knees, and feet were swollen to two or three times their usual size, so that she was unable to walk or dress herself. She was, in fact, absolutely helpless. Her joints became so stiff at times that she could not move them. During these periods she suffered the most intense agony, and in all these long years she was never entirely free from pain, either day or night. Different remedies were recommended to her, all of which she used, but got no relief. Our family doctor said there was no help for her, and that her case was incurable. She and I had given up all hope of her ever recovering her health or being again free from pain. She had suffered so long that she had become thoroughly disheartened. Just before last Christmas we read in a newspaper an article copied from the London *Magazine of Chemistry and Medicine*, which gave particulars of the wonderful cure, by St. Jacobs Oil, of Edward Evans, whose case was similar to my wife's. As we had for years tried everything we had heard of, she concluded to try this remedy also, and I sent to the proprietors, The Charles A. Vogler Company, 45, Farringdon-road, London, for a bottle of it. The oil was first applied to her hands, which had for many years been so fearfully deformed as to be almost without shape. Before she had used the contents of one bottle, to our amazement and joy, the swelling disappeared, and her crippled hands once more assumed their natural shape. You may well look astonished at what I say, but I am relating facts to you," remarked Mr. Halls. "She then applied the remedy to the joints of her limbs and feet, and, marvellous as it may seem, the swelling and pain, which had withstood all treatment, began to disappear, and before the contents of this one bottle had been used, the swelling, stiffness, and pain with which she had been afflicted for nearly twenty years, vanished as if by magic. She recovered the full use of her limbs, hands, and feet. She can walk as well as ever she could in her life, attends to her household duties, and sleeps soundly at night, while for years she had not known what it was to have a good night's rest. She is free from pain, and is completely cured, and all this was brought about by a single bottle of St. Jacobs Oil. I tell you frankly that I believe this remedy has no equal in the world. It has brought comfort and happiness to my home, and I advise everyone suffering from pain to try it. The 2s. 6d. I spent for a bottle was the best investment I ever made in my life." Mrs. Halls personally confirmed everything that her husband had said, and could scarcely say enough in praise of this remarkable agency of healing which had rescued her from her sufferings.—[2308]

B. P. P.—The article on "Leprosy" in last week's Health will answer all your queries.

Tebay.—There is no such person named in the *Medical Register*. He is therefore either a retired medical man or an unregistered practitioner.

In Perplexity.—One thing at a time, please: you ask questions sufficient for three correspondents. Our advice to you is to cultivate simplicity of diet: to avoid tea and coffee, to take Scott's Midlothian Oat Flour as a substitute therefor, to eat little butcher meat, and to try white boiled fish, Marshall's Tritola (in the form of puddings), and like foods. Rest after meals is an absolute necessity in your case, and your nervousness is both a cause and a consequence of your ill-health. Neither Lactopeptine nor the tonic ordered you could have caused such symptoms as you describe. You need no tonic, further than a little of Scott's Pure Cod Oil Emulsion taken after your meals. This, with the use of Friar's Balsam (a teaspoonful to a pint of hot water and the vapour to be inhaled at bedtime), will brace you up against sore throats and other winter ailments.

W. J.—What you name is not a disease in any sense, and should cause you no uneasiness. Read the pamphlet, "A Lecture to Young Men" (post free for 1s. 1d., from Mr. Renshaw, 356, Strand, London, W.C.), and you will find full information therein.

Oceania.—You are evidently a highly nervous subject, and we warn you that so long as you make so much of your troubles mentally, you will not recover your tone. We cannot give you any further advice while you will persist in regarding as a disease what is only a symptom of ordinary health. Your mind magnifies what does not trouble healthy persons into a veritable ailment. Shake off your nervous fears, take plenty of open air exercise, engage in healthy and cheerful amusements and society, and take occasionally at bedtime thirty grains bromide of potash. The powder you sent is carbonate of soda.

Victor.—(Letter wrongly addressed.) See advice given to "W. J." above. Relinquish the habit entirely if you are wise.

Braithwaite.—(Letter delayed through being erroneously addressed.) In such a case take the patient for change of air; and give a teaspoonful of the Syrup of the Hypophosphites in a wineglass of water twice daily, after meals.

Stoke Newington.—Constipation is at the root of your troubles. See and follow advice given to "Cherry" in last week's Health, and if not bettered, write again.

E. A. Smith.—See advice to "Solus" in last week's Health. Read also a long article on "Blackheads" in Health No. 199, to be had from the Publisher.

E. S.—You could not do better than fit up your premises with Twyford's "Unitas." It is an admirable, simple, safe, and cleanly closet. Choose a southern aspect. As regards the ventilation, we should recommend you to read what is said thereon in "A Manual of Health Science," by Dr. Andrew Wilson, price 2s. 6d., published by Longmans & Co., 39, Paternoster-row, London, E.C. You will find the various methods of ventilation described in that volume; but we should be pleased to write you further on the subject if you enclose a stamped directed envelope. The system you describe is not, in our opinion, the best you might obtain and use.

Ita.—The only sure plan is to ventilate the room thoroughly. There is no other effective plan, seeing that you induce a condition of bodily heat and perspiration which is Nature's method of relief.

BOILING WELLS. — You have been victimized as usual by the Birmingham quack firm you name. Be wise in future, and shun quacks and quackery. Read the pamphlet above recommended to "W. J.," and learn from its pages how to heal yourself. Scott's Pure Cod Oil Emulsion with Hypophosphites taken after your meals will be likely to do you much good. If not bettered after following out the rules given in the pamphlet, write again.

W. STEVEN.—Redness of the nose is only a sign of imperfect circulation, and you can surely afford to neglect those who scoff at your small infirmity in this way. The only rational treatment is to improve your digestion. Rest after your meals regularly, avoid hurrying over your food, and take after your meals a dessertspoonful of Thomson's Cod Oil Cream (advertised in our pages) as a nutrient and tonic. Clothe warmly in winter in the Sanitary Wool Clothing made by Messrs. Ward & Co., of Bradford.

A. T.—Yours is a case in which your mind is at fault. If you can be persuaded simply to neglect all the symptoms you name, to attend to ordinary rules of health, to take plenty of open-air exercise, and to mix in cheerful society, you will in time recover your tone. It is your constantly imagining "vain things" and your fears which prevent your recovery. We do not advise you to try any drugs. A Pulvermacher's Belt would be likely to do much good. Live generously but simply; cases like yours get perfectly well through a little wholesome mental neglect of their symptoms.

R. ROY.—Continue your exercises and take nourishing food. There is no better way of stimulating growth; always provided you do not overdo the exercise. You must not expect impossibilities in the way of increase in height; possibly you are constitutionally of slight and small build.

MOTHER SEIGEL.—1. Try applying hot dry salt in a flannel bag or stocking; and sleep in woollen gloves. 2. Give plenty of fat with starchy foods—such as Marshall's "Tritola," W. Polson's Corn Flour, and like dietary.

PENITENT ONE.—1. Try Scott's Oat Flour. 2. No; the tonics and other medicines are not to be taken simultaneously as their actions are contrary. 3. Any respectable druggist will tell you the correct prices.

SOUTH SHIELDS.—Try Bokö̈l (Davis, Bergendahl & Co., of Newcastle, will supply you) with your dinner. It will nourish and tone your system. You must persevere with the belt you have bought. There is none better. You may benefit also by taking the Fer Bravais as ordered to "Red Cross" above.

ALPHA.—Such a scar, we fear, cannot be removed; but we do not see why it should trouble you at all. Read the pamphlet, "A Lecture to Young Men" (post free for 1s. 1d., from Mr. Renshaw, 356, Strand, London, W.C.), for full advice on the subject you name.

ALICE W.—1. Look at the advertising pages of the *Lancet* or *British Medical Journal*. We do not know of any such special institution as you describe. "Convalescent Homes" are advertised in the journals named, and we fancy these may suit your views. Any children's hospital will receive the second set of cases you name. 2. The simplest remedy for constipation is Dahl's Cakes—see notice in the present number.

J. F. P.—Use Dr. Pierre's Tooth Powder and wash out the mouth after meals with his Eau Dentifrice. Use a soft brush only.

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